

THE THREE SHADES OF CHOCOLATE



Unsweetened chocolate is naturally bitter and tastes horrible by itself. But with a few important ingredients, its flavor goes from awful to awesome. So how are dark, milk, and white chocolate made?



Chocolate makers blend chocolate liquor with cocoa butter and sugar to make **dark chocolate**. They vary the amount of sugar to make the chocolate sweet or bittersweet.



For **milk chocolate**, they use the same ingredients plus one: milk. The milk can be powdered, condensed, or whole.



And **white chocolate** contains the same ingredients as milk chocolate, minus one: chocolate liquor. (That's why it's not brown.) It is a blend of cocoa butter, milk, and sugar. Vanilla is sometimes added, too. Some chocolate purists don't consider white chocolate to be chocolate at all.

Adapted from an article by Melissa Miller and Grace Kinskey

Like coffee, chocolate contains caffeine—but in much smaller quantities. White chocolate has no caffeine; milk chocolate has some; dark chocolate has the most.